

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Lined writing area for journaling.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

### Read Proverbs 25:28

Solomon was one of the wisest people to ever live because when he was given a chance to ask God for anything, he asked for wisdom. We can benefit from his wisdom, much of which he wrote down and is found in the book of Proverbs.

Find words (3 letters or more) that make up Proverbs 25:28 in the word search below to find out what Solomon had to say about self-control.

I	C	L	T	P	I	Y	W	O	L	U	F	C	H
O	F	T	L	L	W	I	O	T	Y	T	I	C	
H	L	C	O	E	R	K	P	P	N	E	O	H	O
T	N	O	R	A	I	E	W	O	E	S	R	O	E
L	H	R	T	U	R	A	T	O	K	O	S	E	W
W	A	R	N	S	S	E	I	H	O	H	H	I	O
S	O	H	O	R	K	L	L	E	R	W	C	E	H
O	T	N	C	I	E	R	A	E	B	O	T	L	A
O	R	O	F	F	H	W	O	U	W	S	U	T	L
T	K	T	L	N	L	W	R	T	O	W	N	G	L
E	S	U	E	T	T	O	S	O	P	A	A	A	H
L	G	W	S	O	T	G	L	N	K	L	W	E	R
W	I	T	H	O	U	T	E	B	R	L	O	R	E
E	N	H	H	O	L	L	I	K	E	S	I	C	H

## Day 3

Grab several things you can stack to make a wall.

It could be actual LEGO® or Mega blocks, or it might be things from your pantry, like pasta, cans, and cereal. Be sure to put the heaviest things on the bottom. Build it as tall as you'd like.

Then think about the things that sometimes cause you to lose self-control. Maybe it's a person that annoys you, a situation that frustrates you, or simply when you get overwhelmed or overtired. Think of 2-3 things and write them on a sticky note and stick each one to an object on the wall you built. Now, imagine pulling those items out of the wall. What will happen? Your wall will come crashing down, right? (If you can safely pull out the items, you may; then find the objects with the sticky notes again.) **When you lose control, it can cause trouble.**

As you look at the sticky notes with your self-control busters, pray this prayer:

Dear God, thank You for giving me everything I need in Your Word to have self-control. These things that I've written down today sometimes make me feel like I don't have control of my self, of my choices, of my attitude, but I know that's not true. You have given me the tools, the strength, the wisdom to make the right choices. Help me to lean into You to keep from losing control. In Jesus' Name, I pray, amen.

*P.S. Don't forget to clean up the "rubble" from your wall. Hold on to the sticky notes for Day 5.*

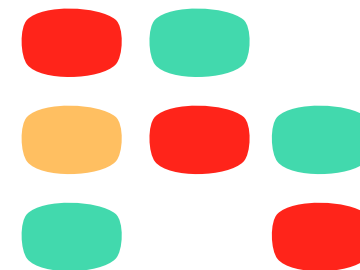
## Day 4

Sadly, when we lose control of ourselves, it often hurts the people closest to us.

Think about the last time you lost control of your emotions—maybe you yelled at someone in your family, or spoke sarcastically to a friend.

Take some time today to find that person and apologize for losing self-control. When you apologize, take care not to make excuses for yourself or to blame them in any way. Simply bring up the situation in which you lost self-control and apologize to the person you hurt. Ask them if there's anything you can do to make the situation better or help heal the relationship, and if the person has suggestions, try to act on them.

Next time you're in a similar situation, remember how you hurt someone with your lack of self-control and ask God to help you control yourself before someone gets hurt.



## Day 5

When do you lose control?

Find the sticky notes that you used the other day, with the things that sometimes cause you to lose self-control. Then look up the verses below and see if any of these Proverbs might help you in those situations or in dealing with those people. (Don't find a match? Ask a trusted adult or older friend who trusts in Jesus to help you look up some other verses that might guide you to make wise choices in those situations.)

- Proverbs 2:6
- Proverbs 4:23
- Proverbs 10:4
- Proverbs 11:25
- Proverbs 11:28
- Proverbs 16:20
- Proverbs 21:20

Once you find verses that match up with your self-control busters, write the words from the verse down on new sticky notes, and place them on top of the old ones. Then stick the notes somewhere you will see them this week to remind you that God has already given you the tools you need to have self-control!